THE OVERTHROVV OF the Gout/ Written in Latin verse, by Doctor Christopher Baliſta.

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TO THE RIGHT

Worshipful, his very good Frende
M. RICHARD MAISTERS Doctor
in Phisick, and Seruant to her excellent Maiestie.

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SYR, I SEND you heer a short treatise of the Gout, writen by one *Balista* a Frenchman, and dedicated to a great Phisitian in Fraunce. It came by Fortune (beeing as I think not any where els to be had) into my handes, which for the benefit of diuerse my freends troubled with that disease, and partely for mine owne recreation, that was somthing delighted with the writer (in as good maner as I could) I

Englished. The verse in Latin is not very eloquent, and therfore no meruail though the translation be rude and vnpleasant.

But sure his Method and order is not in mine oppinio tobe disallowed, but rather much to be commended. I haue noted him in such places as I thought conuenient, and would haue farther augmented him but that I thought it not good to be to curious in another mans woork. Such as it is: I send it you and commit it to your good allowance and protection.

Your very louing freend. B. G.

The Ouerthrowe of the GOVTE.

AGainſt the Goute wᵗ al her force
my minde deſires to goe:
And wᵗ a valiaunt hand to fling,
my darts at this my foe.
Longe time this beaſt hath now preſumed,
her wicked force to bend:
Againſt that good olde man that doth,
the Sedun flock defend,
Diſeaſed ſore he lies and able,
not to ſtirre a limme:
So hath the wretche benomd his Ioints
and ſo hath plagued him.
That ſtill he is inforſte to keep his houſe,
as doth the Snaill:
O pitious hap and great miſchaunce,
that each man ought to waill.
It gréeues me to the hart to ſe,
the torments that he beares:
Her crueltie Conſtrayneth me,
to ſtaine my chéekes with teares
My ſorowes doth cōmaund ẏ doutfull hap
of Mars to trye:
Why ſtand I ſtil: I will aſſayle,
the monſter preſentlye.
Drawe nére O ſwéet Redéemer of,
the World before vndone:

Of that moſte glorious maieſtie,
the true and only ſonne.
Vouchſafe to giue thy ſpeeding darts,
in this my quarrel iuſt:
And cauſe that I with them may throwe
this monſter in the duſt.
And thou O noble Phillip, by all
the Gods abowe that be:
I thée require to ſhowe thy ſelf,
a man in eche degrée.
Hope wel for hope auaileth much,
In driuing greef away:
I dout no whit, but ſhortly thou
ſhalt ſée a fairer day.
More hapeneth in an houre ſomtime,
then in a thouſand yéer:
And many great commodities,
in ſmalleſt time appéer.
I truſt to driue the Gout vnto
the lothſome pit of hel:
And that thou ſhalt good Phillip haue
thy feet again ful wel.
Do you no more but bear in minde,
the wordes that I ſhall ſay:
And theſe my leſſons that I giue,
do cary wel away.
The ſubtle ſhackles that this Beaſt,
doth binde the feet withall:

Podagran

Podagra all the learnd of Greece,
haue euer vsde to call,
Hence sprang at first the hateful name,
of this so painful greef;
That suddainly the feet bnwares,
assaileth like a theef.
At first it rageth in the ioynts,
and then assaults the toes:
And straight from thence with hastie course
vnto the heel it goes.
And somtimes to the buckle bones,
where as it swelles and showes:
With pain while as abundance great,
of humors thether flowes.
Somtime the Cod beside, that bothe
the stones inclosth round:
Doth swel withall and hanging lowe,
it oftentimes is found.
The cause of this great disease,
not euermore is one:
Oft times the parents are the cause,
it falles the Childe vpon.
When as the seed but feeble is,
wherof the frute is wrought:
For since the rot such weakenes hath,
the plant must needs be nought.
Besides to vehement exercise,
the Gout doth often breed:

causes of the Gout.

vehement exercise.

Venery

Of seruice long in Venus court,
it likewise doth proceed.
The very frame of all the limmes,
is shaken with this game:
Eche sinow eke enfeebled is
by vsing of the same.

drinking excessively

And Bacchus thou that wonted art,
the spirits to reuiue:
Doest vse to hurt the feet of such,
as in thy seruice striue.
Of Partiall acts in Gatelye tale,
did Ennius allowes write:
And in his cups old blase the deeds,
of many a worthy knight.
Yet of the Gout at last he dyed,
nor could his verses sane:
(With all the sweetnes that they had)
their maister from the graue.
Great hurt besides vnto the ioynts,
doth euermore arise:

Colde

Of colde, excessiue idelnes,
and to much exercise.

fellenes to much exercise

The hart with furye once inflamde,
doth kindle presently:

Anger Rage

And fireth all the humors straight,
that in the body lye:
Wherby vnbridled all, they rome
and raunge in euery place:

And

And paining all the ſenous ſore,
they ber in pitious caſe.
Oft times of thick and clammy fleume, to much fleame.
this vile diſeaſe doth bréd:
Somtime again, of bothe the ſortes to much choler.
of Choler doth proceéd.
And tomuch blod while as it doth, to much blood.
the tender ioynts oppreſſe:
Is many times the onely cauſe,
of this vnquietnes.
Moſte graéu'd with this diſeaſe are men, more men then women
the women not ſo much:
The cauſe is plain and euident,
who liſteth it to touch.
One reaſon is becauſe that heat,
in man doth more exceéde:
Which cauſeth that the humors pearſe,
the ſenowes more with ſpéd.
Moſte ſubiect to the gout are thoſe,
that greateſt age haue ſéene:
And ſuch as with ſome ſickneſs great,
haue long tormented béene.
And cares of minde and ſorowes great, cares of minde great ſorowes
do bréd this graéuous ſore:
And want of wunted exercíſe, want of exerciſe
as hath béen ſaid before.
Let this ſuffiſe to ſhowe the ſpring,
of ſuch a heſtiſh ſpite:

Now time it is my weapons for,
to showe and fall to fight.
Herbs And first I wil begin with herb,
Juyce with Juyce and mettals bright:
Mettals And then of stones that serue the turn,
Stones I craue the aid and might.
Beasts Then Beasts and Birds I set in rank,
Birds and cause them to restore:
The weake and wearish limmes of those
that lamed were before.
And last of all my Tables do
Diet. I spred with meat and Wine:
And there the perfect diat for
this sicknes do assigne.
Not our ¶ First Toutsane vnto thée I giue,
common the chéefest place before:
Toutsane That dost deriue thy worthy name,
but Dios of healing euery sore.
corides his Thou beaten small and mingled wel
Panacæa with reasons good and sweet:
ceed Ma- In plaister made applyed wel,
thiolus. dost heal the féeble feet.
Herb An herb there is that in the Sun,
Golden. doth wondrously delight:
And after him doth euermore,
direct her course aright.
That when he once begins to rise,
doth spred and open wide:

And

And mourning hangeth down her hed,
when Westwards he doth liue.
This medled wel with sewet of
a Gote, doth driue away.
The Gout, the like doth Balme stamped — Balme.
if to the fẽt you lay.
And Veruen sod in water doth — Veruen.
the fẽt from sicknes saue:
Which herb the noble Romans wont
in great account to haue.
The alter fair of Iupiter,
with this they vse to swẽp:
And therwith euery corner of
their houses sprinkled dẽp.
Beside the Herald when he gaue,
defiance to his foe:
Commaunded was with Garland all
of Veruen clad to go.
Colewoorts in this disease are good, — Colewort
being sodden specially:
The broth wherof refuse not thou,
to drink for remedy.
Put Coliander to the Cole, — Coliander
and Salt and Rewe beside: — Colewort
Salt. Rue
And flower fine of Barley that, — Barley flowre
by grinding small is tride,
A Pultise made of these, if to
the aking ioynts ye lay:

It greatly doth the paines allwage,
and dryues the Gout away.
And if the Gout be such as in
his rage it doth not swel:
Radish root The Radish rot wil help, if that
in Wine you seeth it wel.
The noble Radish that our fathers
olde, did greatly loue:
And did indeed the same esteeme,
all other meats aboue.
At Delphus was it then decréed,
it should be grau'd in Golde:
Beet The Beet in siluer to be framde,
Rape the Raape in leaden moulde.
This to the Gout is to be laid,
Iuyce of Woodbinde the Iuce of Woodbinde thick:
And mingle therewithall the meal
or Flower of Fennugrick.
And Nettel rotes wel bruised in
the strongest Winager:
The leafe the seede with Beers greace. The leaues beside beeing pounded with
the tallowe of a Bear.
And stinking Assa fætida,
in spunges wel applyde:
Wil likewise help the grieuous Gout,
and Feuer sore beside.
If therunto you put the Wax,
that is from Cipres brought:

And

And lée that with the fuet of
a Gote it wel be wrought.
Plantain béeing pouned wel with falt, Plantane
and Lens with * Polent good:
The water Betany, beſides Betany water
Hemp roots, and Sothernwood. Pap made with Barly & hemp roots Sothernwood
The Juyce of Henbane mixt with meal, Juyce of Henbane.
that from the Pil doth flye:
And war, with Cum Armoniack
in equall quantitie.
And boyled wel in Vinagre,
the braunche of Poplar ſmall:
With Herb that beares his name of Age, Grounſill
that Groungil we do call.
To this it needful is to put,
the greace of fatted Boze:
And mingle war with Willowe leaues,
that wel haue ſod before.
An Herb there is that in the Sea, Phicus marina Sea weed.
doth alwaies winde about:
Which (if it be not ouer dry)
wil beale the painful Gout.
Who would beléeue that heaps of Corne, to heaps of Wheat.
ſhould drine the Gout away,
And bring the féeble fot his force,
to ſtand without a ſtay?
As Sextus ſearching of the Barnes, Sextus Pompeius
was taken with the Gout:

He laid him down in heaps of Wheat,
that clode him rownd about.
When suddainly he felt him selfe,
aswel as any man:
And rysing vp with ioyful hart,
to walke about began.
For all the humor out was drawen,
and dryed by this reléct:
That was the hed, the fountain and
the cause of all this gréef.
For such a force is in the Wheat,
as that it hath béen séen:
The vessels ful in shortest time
to drawe and dry vp clene.
To Elder leaues, the Sewet of
a Gote put orderly:
This laid vnto the féet wil be
a present remedy.
Houfeleek or Kings. Forget not that same herb beside
that gréen doth alwaies growe:
It healeth those same angry Gouts,
that red and fiery showe.
The Gourd that groweth wilde his rine,
is thought to do the same:
Which also helps the hed that doth
with fiery humors flame.
The wylde Cocumber. The like béeing sod in Vinagre
the Cocumber wil do:

So

So wil the Cole, the surging Seas
that groweth neer vnto.
And Purslain pounded wel with Salt,
doth heale this painful rage:
And likewise doth the fiery heat
of shingles soon assawge.
This very straunge that rust of Iron,
wil heale the grieuous Gout:
The wound beside with Lancel made,
wil let the poyson out.
When Telephus with staf of fierce
Achilles wounded was:
And neuer a Surgion there aboute:
could bring the cure to passe.
They took aduisement of their Gods,
Apollo answered thus:
Achilles Sword (quoth he) shall saue,
the life of Telaphus.
With ioyful mind went Telephus,
to méet his enemy:
Who striking gaue him with his wound,
a present remedy.
The treacle good beside, that cures
the deadly poyson strong:
Is soueraine to be vsde against
the Gout retained long.
What should I heer of Salt intreate
Nature that all things spun:

Sea Colwort it groweth vnder the Clyffs beyondes Seaforde in Sussex

Created

Created nothing needful more
for man then Salt and fun.
With salt we sauour all our meat,
and do preserue our food:
Take Salt away our bankets lost,
no Viands séemeth good.
Salt maketh strong and lustie Joynts,
example good may be:
The tough and stordy limmes of horne,
in Fishers that we sée.
Salt with his fretting force, doth enter,
pearce and thorow spring:
Dissolueth, eateth, burneth vp
and fineth euery thing.
With Hony, Vile, and meal béeing mixt
and beaten as it ought:
It maketh good the sét again,
that féeble were and nought.
And if you list my poore aduise,
in this disease to take:
Go get you to the Sea and bathe,
your sét when they do ake.
This good in Brimstone bathes somtime
to wash your self beside:
Which wil refresh your crased limmes,
and stop a stormy tide.
Take water with Salt Péter mixt
and Brimstone, let them boil:

A Bag of Salt beatē smal wet in boyling wine and layd to the feet:
Or salt very fine beaten with Oyl of Lasmomil made in an Ointment.

And

And wash your legges, or if you list,
with Lées of sodden Dyle.
And now for stones, let there suffise,
the Jet as one of those:
From whence a stinking sulphur aire,
ascendeth to the nose.
The smel wherof do Serpents shun,
wher with what soeuer you write:
In brittel vessel made of Earth,
wil neuer out of sight.
Lay this vnto your Gout, the stone
that Iron vp doth take:
Doth tame this mad vnruly beast,
and quickly out doth shake.
Beat small a Pedstone, mix it with
the Milk of such a wight:
As at her first deliuery brings
a prety Boy to light.
This wil asswage the Gout, if that
you lay it therunto:
And bring the Sinowes to their forte,
to do as they should do.
You worthy creatures that haue life,
with haste your selues addresse,
And let me haue your helping hands,
in this my busines.
The bones of man to ashes burnt,
and made in pouder fine:

Béeing

Béeing dronk, is not of little force,
against this foe of mine.
And womans milk, if that you ioyne
the Vumlock therwithall:
Applyed to the feet doth heale,
the raging torments all.
Put Gulegrece béerunto and ad
grœn Isop to the same:
Or Opium wherwithall you may,
a parfect medicine frame.

Opium the Iuyce or Gum of black Poppey.

With grece of swine, ioyne womans beare
and this shall do you good:
Béeing laid vnto the aking feet,
that rage with angry mood.
Refuse not thou to bath thy feet,
with Urin of a man:
Prouided that the party be,
as helthy as ye can.
The right foot of an Egle, to
your right foot lok you lay:
And to your left leg lay the left,
to driue the gout away.
Somtime again with Horseleaches,
beset your feet about:
That Blod sukers are termed of
the rude and common rout.
These neuer will forsake the legges,
wherto they cleaue and pul;

So

(So great desire they haue to blod)
til all their skin be ful.
But all the vilest humors that,
they in those partes do finde:
Which were the causers of this grefe,
they drink with greedy minde.
And when they once haue fild them selues,
as ful as they may be:
They leaue the place and fall away,
as beasts that drunken be.
But if they chaunce to cleue to fast,
and wil not leaue their holde,
Then sprinkle beaten Salt theron
burnt wul or ashes colde.
It bolsom is beside to open in
thy feet some bleeding vain:
Wherby the humor passeth out,
that greeueth all thy pain.
An aged Cock wel stewed in broth,
being drunk doth pleasure great:
In filling all the ioints and limmes
with sweet and plesant heat.
The milk of Asses drunck doth heale,
the gout with raging mood:
So doth the flesh therof if that,
you vse it for your food.
The Owle that hath a body fat,
you seeth in water shall:

And

And often eat the tender flesh
and drink the broth withall.
The Grece of Swine, with Ashes mixt
of dung that Gotes do make:
Is very souerain, if therwith
you noynt the feet that ake.
O worthy Greace of Swine that dost,
deserue so great a praise:
What good vnto the ioynts of man,
thou bringest sundry waies.
When as the limmes and members all,
with colde congealed be:
Their naturall heat again, and warmth
they straight receiue from thee.
Thou suppliest stifned partes and such
as weake and feebled be:
Restorste to helth and sores dost heale
that lothsome are to see.
Thou driu'st the Gout from hand and foot,
what should I vtter more?
In few words wil I speake at once,
thou healest euery sore.
Such force to thee the helthful roots,
of noble herbes do giue:
Wherwith the wandring herds of Swine
in pleasant pastures liue.
The Romains, that by valure all
the world did once subdue:

Had

Gotes dūg mingled with Barly flower and Vinagre, a good Pultis.

Ho is the root of marsh mallowes mingled with Ducks greace, for olde swelling goutes

Had thée in honor great for this,
thy vertues that they knew.
With thée the gladsome Bride, when as
the house she enter should
Of her new maried mate, the poors
and thereholdes cousr would.
Hérof the wise first took her name,
because in times before:
The charge to her committed was
of noynting of the dore.
For they suppolde this Greale would put
all troubles vnto flight:
And that for euer after, no
misfortune enter might.
But to my Gout again, The Dung
of Kites and ashes fine:
Of Snailes and Weesel burned bothe
wil heale this Gout of thine.
Let Legges that thus diseased be,
be bath'd with Weesels blood:
The Sewet likewise of a Cat,
for this is very good:
To this may also added be,
the flesh of fearful Deer:
And there withall the Broth wherin,
the Hare hath boyled clére.
With ease of cráftie For let all
thy fot wel wrapped be:

And

¶ For fleaed cut in small Gobbits destilled w Oile of Lamor

mil, Olle of Rew, olle of wormes, of eche .ounces, a quantitie of Aqua vite. A good water to noint the ioynts.

And for to noint them with the Greace,
of Reynard helpeth thée.
And good it is in skinnes of Dogs,
to kéep and wrap them wel:
And with the greace of them to noint,
the painful fét that swel.
Moreouer take a Crowe and quick
put him in Horsedung déep:
And close him so that he may haue,
no place away to creep.
When foure dayes once be ful expirde,
go take him from his graue:
And burn him straight, then mingle Mar
with the Ashes that you haue.
This laid vnto the fet, doth driue
this monster quite away:
And makes the poore diseased man,
to go without a stay.
And Iunoes bird, the Peacock helps
if that his dung you take:
And plaisterwise apply it to,
the lamed limmes that ake.
Annoint thy fét with drippings hot
of greasy rosted Cat:
And take the Beauers stones beside,
and mingle wel with that.
To Ashes burn the Pullets bed,
that in the sea doth swim:

With

With pleasant Honye mingle it,
and noint thy crased lim.
Go take the crauking frog, and with
thy knife, go quarter out
His members all, and lay his fleſt
vnto the painful Gout.
So that the right vo touch the right
and that the left on lye:
Upon the left, so shalt thou finde
a present remedy.
¶ But leauing now these creatures heere,
though many more there be:
Of like effect, for who can write
of all in eche degree:
I will the straight waies showe how thou,
thy table shalt prepare:
And in what sorte for thine auaile
thou shalt appoint thy fare.
Shun Gluttony
Great Gluttony and surfetting,
the limmes doth quickly lame:
And therfore woule I soberly,
thy diet thou shouldst frame.
First see thy bread be baked wel,
that thou at Table hast:
And neither black nor yet to white,
but pleasant in the taste.
All trifles banish from thy bord,
and meal with honye made:
meate made with hony

Custards
Pyes
Florentines
As Custards, Pyes and Florentines,
and other of this trade.

Saltmeate
All Salt and slimy meats, and flesh
that long doth pouzed lye:

Saltfish.
And fish in salt preserues, all such
I warne thee foz to flye.

Garlick
Rue
Onions
Bothe Garlick, Rue and Onions soure
expel them far from thee:
Although the fond Egiptians do:
suppose them Gods to be.

Pepper
Rapes
Abstaine from Pepper, Raapes & Grapes
that in the spring time bee:

Apples
Peares
wynter fruite
From Apples, Peares, and such like fruite
as winter giueth thee.

Beanes
Foz flatter thou the deadly Beanes
to come vpon thy bozd:
Which once the wise Pithagoras
condemned by his wozd.
With this the holy Priests durst neuer
deale in all their rites:
It longeth vnto Goblins and
to black and fearful spzights:
It doth the sence and wit of man,
bothe dul and dampish make:
And rayseth in the night such dzeames,
as makes the hart to quake.

Pease
Nutts
Chesnutts.
Bothe Pease, Nuts and Chesnuts grose
despise thou in this case:

And

And take thou heed that at thy bord,
no Cheese haue any place. Cheese.
Let these suffise for food, the Hen Foules.
and Chanticleer the bolde:
The Wether and the lustie Steere,
who neuer yet was colde.
The Cunny, Hare, the Partridge, and
the Egge thats rosted rere:
And all the smallest Birds beside
that tender limmes do beare.
Such Fishes small I like, as in Fishes.
the running Riuers flote:
And such as haue no scales, for to no scale fish
refuse I think it meet.
The Lamperns shun, that licking of Lamprey
the rock was wont to lye:
And therwithall the Crab that sidling Crab
seekes her self to wry.
Let not the Eels thy Table touch, Eele
a clamy humor stil:
Doth from this fish proceed, that all
the ioints of man doth fil.
The Lamprey long agone was had, Lamprey
in estimation great:
And taken for his daintie taste,
to be a Princes meat.
Antonia (Drusus wife) was wont,
the Lamprey for to feed:

And set her out with rings of golde,
the farther to excede:
A Lampry dead Hortensius did
bewaile with many a teare:
Such was the fauour of the great
goodwil that he did beare.
But medle not with it whosoeuer
thou art that hast the gout:
For why, it doth increase thy paines,
and brings thy griefe about.
In fewe words for to make an end,
For who can all things touch:
In this disease much helthsomer
is flesh, then fish by much.
Take for your drink the mildest wine,
and clearest you can get:
And mingle it with water wel,
the same away to set.
What quantitie you ought to drink,
I need not here define:
Your own discretion herin best,
a measure may assigne.
But this I onely warn you of,
that when you leaue your meat:
You leaue with some desire to drink,
and some desire to eat.
Then feed on Coliander seeds,
when thus you wel haue fed:

To make a merry hart and keep
the vapours from the hed.
Giue not thy self to tow much sleep,
nor watch not all the night:
And let some distance be betwixt,
thy sleepe and supper light.
Lye not vpon the back for this
is for the body nought:
But very seldome vse to ride,
take neuer any thought.
Somtime it shall be good awhile,
to passe the time away:
To hear the pleasant instrument,
of such as wel can play.
Nothing then Musick, more our greef
and sorowes banish can?
It glads the minde, and merry minds
doth make a healthy man.
Far from thee lok thou euer haue,
all grim and sollemne Syers.
All louring lumpish lokes that lothe,
bequeath them to the Fryers.
Make choyse of such companions, as
be wise and sweet withall:
Whose talke delightful is to hear,
and voide of any gall.
Whose grauitie is powred with,
an honest pleasant minde:

Not tedious to the hearer, nor
vain walker of his winde.
Take such into thy company,
eschue the fleering mate:
The flatterer, and such as where
they come do sowe debate.
Vse alwaes holsome exercise,
thy fæt to walke assay:
This exercise consumes and wastes
the humors il away.
For long and slothful Idlenes,
decayes the members all:
And doth disgrace the body quite,
And causeth it to fall.
And like as Iron rusteth straight,
with lothsome Canker vile:
If that you suffer it to rest
and vse it not a while.
So are our bodyes straight defilde,
and vnto mischæf fall:
If that we let them idle be,
and worke them not at all.
Beside a pitious sight it is,
a lamentable case:
To sée the King of Creatures all
lye lame and not haue grace.
For wil to exercise him self,
but Idle stil to bée.

And

And through his owne great fault & blame,
to want his libertie.
By little and little try thy strength,
with certain rule and rate:
Which force with labour will increase,
so it be moderate.
Auoid the aire that flameth fill,
with ouerscorching heat:
And that which ouercolde the members all
doth ill intreat.
If these my rules you do obserue
I trust you soon shall see:
This cruel raging Gout, as she
deserues destroyd to bee.
Inough now haue we tryed the fielde,
the Trumpet bids retire:
Here stands the boundes of mine employt
and end of my desire.

Soli Deo honor et Gloria.

FINIS.

Gout.

ALas poꝛ wꝛetch alas, which way
now ſhall I turn my ſight:
whil as ſo great a ſtoꝛme of darks
neſs ful vpon me light:
O hapleſſe wꝛetch whome lewd aſpects,
of hateful ſtarres haue toꝛne:
Accurſed be the lothſome day:
that euer I was boꝛne.
All pearſt with darts I am and knowe
not how my ſelfe to ſaue:
My ioynts are all benummed ſo,
and neuer a fot I haue:
What fauour moꝛe hath nature ſhowed,
to beaſts then vnto me:
That hath oꝛdained them a meane
to keep their liberty:
Oft times the Stag doth laugh to ſcoꝛne
the Hunter and his Hound:
The Boꝛe doth laugh and euery beaſt,
that in the woods are found.
And why? foꝛ truſting to their fet
they ſcape the dangers all:
God ſet doth many times pꝛeuent,
great miſcheefs that would fall.

But

But Alas more slowly meane,
then any Tortoise great:
And lame and feeble as I lye,
the darts vpon me beat.
What now remaines: but that to hel
pale death me down doth fall:
And make an end of this my life, n
that may no longer last.
Alas and shall I dye? B. Thou shalt.
G. Whõe do I hear? B. Me. G. Whome.
B. Thy greatest foe. G. What is thy name?
what Region camst thou from?
B. My name Balista is. G. Why dost
thou shot thy shafts at me?
B. To make thée dye. G. I not deserue
so great extremitie.
B. A thousand Gallowses thou dost,
a thousand Fires with all:
A thousand racks, a thousand wheeles,
and after death doth fall.
A thousand Helles thou dost deserue,
I haue not long to tel:
The sundry sortes of torments that
thou hast deserued wel.
G. Tel me the cause. B. The cause is this
that men of worthy fame:
Thou with thy mischeeuous disease,
hast plagued and stricken lame.

G. Whome

G. Who hath I plagued? B. Whether it were
to much for me to tel:
Alas I am not able for
to stay from weeping wel.
Besides a number that thou wretched
beast, hast lamed quite:
While in tormenting of their ioynts,
thou shewds thy cruel spite.
The good Sedunian Bishop thou
hast caused down to fall:
And ouercome, yet kéep him yet
in prison, as thy thrall.
Whose worthy life doth glister like,
the Sun with blasing beames:
Him hast thou in thy shackles shut,
and tyed vp in thy teames.
And therfore dye ye shalt. G. For pittie yet
showe fauour vnto me:
B. That can I not. G. Thou art no steele,
B. I wil be vnto thée.
G. O spare me yet I thée beseeche,
thy Philip shall be free:
And wel shall haue his helth again,
and walke at libertie.
B. I more demand. G. Whats that? B. That
foule beast, do neuer tuch: (thou
The limmes of any vertuous man,
nor trouble any such.

G. To

G. To this I graunt. B. I warne thée lok,
thou kéepe thy promesse wel:
Thy members els asunder wil,
I teare and send to hel.
G. Whome wilt thou licence me, with
shackels sharp to take and binde?
B. For that those wordes that I shall say
to thée lay vp in minde.
First set thy shackels vpon suche
as alwaies fight and brall,
And murther on an other bil,
for euery trifle small,
Whose féet are euer forward, for
to rome vnto the sworde:
Contrary to the swéet decrée,
of Christe our sauiours worde.
G. But may I be so bolde to touch,
the féet of mightie Kinges?
B. Yea hardy for thence the rot,
of all this mischéef springes.
What Region can you finde where Mars,
his Banner hath not spred?
What Cuntrie now that is not with
the blod of Christians red?
For what so euer the ambitious mindes,
of Princes forth doth bring:
Tis we poore soules that féele the smart,
tis we that only wring.

Go letter thou their fet with bolts,
that neuer will away:
Except they ceasse their madnesse sone,
and from their follyes stay.
G. And whome besides shall I attempt?
B. The burston bellyed lout:
To him that scarce for fat can beare,
his lothsome guts about.
G. I neuer meddle with the paunch,
B. The paunches such I call:
As fed them selues vntil they be,
as fat as Dre in stall.
And nether fed with word nor like,
the sheep they ought to serue:
But slothful beasts do leaue their flock
for hunger like to sterue.
G. And shall I touch no more but these?
B. Yes, such as vse to sweare:
Whoremasters, theeues and forsetters,
their ioynts in sonder teare.
And for auoyding many words,
I thus conclude with thee:
For beare the vertuous and the good,
plague those that wicked be.

FINIS.

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